



# Congregation Ahavat Shalom

The ACHDUS NEWSLETTER  
www.ahavatshalomteaneck.com

Davening: TABC, 1600 Queen Anne Rd.  
Mailing: PO Box 595, Teaneck, NJ 07666-0595

Parshat Naso

Volume: 19, Issue: 46 | June 14-15, 2019

Rabbi Yehuda Halpert  
Assistant Rabbi David Schlusberg

Shabbat day: 83°, Partly Cloudy

### Shabbat Times



<b>Friday, June 14</b>	
Mincha/Maariv:	7:15 PM
Candle Lighting:	8:11 PM
<b>Shabbat, June 15</b>	
Shacharit:	9:00 AM
Kriyat Shema:	9:10 AM
Mincha /Shalosh Seudot:	8:00 PM
Shkiya:	8:29 PM
Maariv:	9:15 PM
Havdalah:	9:20 PM
<b>Next Friday, June 21</b>	
Mincha/Maariv:	7:15 PM
Candle Lighting:	8:15 PM

**Weather Report:** Friday night 59°, Partly Cloudy

**Tzeitchem L'Shalom** to Sarah and Netanel Goldstein, who are making Aliyah!

**Welcome** to Rabbi Ezra Goldschmidt and Shaarei Torah of Cincinnati who are joining us this Shabbat. Thank you as well for sponsoring kiddush!

**Mazal Tov to the Toronto Raptors on the 2019-2020 NBA Championship!**



**CAS Board Nominations** - Boy, has it been a great year! That said, nominations for the 2019-2020 Congregation Ahavat Shalom Board are open! If you think someone would be a great representative, please fill out the nomination form at this link, which can be accessed at: <https://forms.gle/xd9QCwgBib4D6iP77>. Additionally, you can send your nominations directly to [presidentahavatshalom@gmail.com](mailto:presidentahavatshalom@gmail.com). If you would like to get involved, please have someone nominate you. **The deadline to submit nominations is Sunday, June 23, 2019 at 11:59 PM.** Looking forward to another amazing year ahead!

### Rabbi Halpert's Availability

Rabbi Yehuda Halpert will be here: 6:14. He can be reached via email at [RabbiYehudaHalpert@gmail.com](mailto:RabbiYehudaHalpert@gmail.com), or phone at 201-836-3828. In the event of an emergency, Rabbi Halpert can also be reached at 212-909-6951.

**Newsletter Advertising Space** - Congregation Ahavat Shalom will once again be auctioning off the advertising space in our weekly newsletter, the Achdus Newsletter, for the 12 month period from June 15, 2019 - June 14, 2020. The spots are still available! If you have any questions, please reach out to Yishai Kadry at [ahavatshalomtreasurer@gmail.com](mailto:ahavatshalomtreasurer@gmail.com).

**Ahavat Shalom's men's Gemara Chabura** will take place this Shabbat at 8:30 AM led by Rabbi Schlusberg!

**Thank you** to Yeshivat Noam and specifically, Morah Shira and Morah Melissa for another incredible year of groups! We look forward to seeing you back next year!

### Rabbi Schlusberg's Contact Info

Rabbi Schlusberg can be reached at (201) 543-9308 or [daveschluss@gmail.com](mailto:daveschluss@gmail.com)

**Thank you** to all of our amazing volunteers who helped put together an amazing Shavuot experience!

### Yeshivat Noam Youth Groups

Groups for children ages 2-4 will be located in Room 3 from 9:45am - 11:00am. Morah Shira and Morah Melissa, two Yeshivat Noam teachers, will supervise. Toys and books will be provided by Yeshivat Noam. We ask parents to please send your child with a snack. Signup is on the website.

**Amud Yomi** - Finding time during the day to learn can be an extremely difficult task, especially for those in the workforce. Without a chavrusa to motivate you to show up, it can be difficult to commit to setting aside time.

While the worldwide Daf Yomi program has had incredible success in this endeavor, many of us might still find difficulty keeping up and drop it altogether. For anyone that is interested, [amudyomi.com](http://amudyomi.com) is on a schedule to complete Shas in 15 years (Daf Yomi - shas in 7.5 years; 1 amud - 0.5 daf; Amud Yomi - shas in 15 years; math is fun!). This is a great opportunity to incorporate learning into your daily life! If you have any interest in doing this alongside like-minded individuals within our community, please reach out to Ami Kirschner for more details. He can be reached via email: [amikirschner@gmail.com](mailto:amikirschner@gmail.com) or on his cell: (347) 233-1180.

### Chessed Committee

If you or anyone you know has moved in recently or knows somebody moving in, please let Shira Russell-Giller know! Check out [ahavatshalomteaneck.com/movingin](http://ahavatshalomteaneck.com/movingin) for more information.

**Kavanah Minyan:** As usual, the next "kavana" minyan will be the first "regular" Sunday after Rosh Chodesh. That would be this Sunday, June 16, at Keter Torah (**600 Roemer Ave, Teaneck, NJ**), in the Beit Midrash, at 8am.

**Torah Opportunity:** The Beit Midrash of Teaneck (BMT), located at Heichal Hatorah, 70 Sterling Pl., provides an interactive Talmud Torah learning experience for men who are retired or have flexible schedules on Monday and Wednesday mornings between 9:15 a.m. and 12:45 p.m. This week seder begins at 9:15 am; at 10:00 a.m., Rabbi Ronen Dvash (Heichal HaTorah) will give a shiur on Gemara Brachot on Monday, Rabbi Daniel Fridman (Jewish Center of Teaneck) will give a shiur on Gemarah Brachot on Wednesday; at 11:00 a.m., Rabbi Benjamin Yudin (Congregation Shomrei Torah) will give shiur on the topic of Birkas HaTorah (Monday & Wednesday); at 12:00, Rabbi Hayyim Angel (Yeshiva University) will give a shiur on Sefer Yirmiyahu: Yirmiyahu's Reaction to his Prophetic Mission. Source sheets are provided and can be obtained in advance by contacting [BMTteaneck@gmail.com](mailto:BMTteaneck@gmail.com)

**Youth Director Needed @ Arzei Darom:** Arzei Darom, a modern orthodox congregation in Teaneck, NJ is looking for our next great Youth Director to start September 2019. Responsibilities include running regular Shabbat groups, training our leaders and publicity (like making a better flyer than this one). Shabbat housing available. Want to know more? Email [youth@arzeidarom.org](mailto:youth@arzeidarom.org) or text 347 821 8188



**President:** Ben Wine **Vice Presidents:** Eliana Baum | Henry Bernstein | Eli Fenyes | Shira Russell-Giller **Secretary:** Yosef Chai Klein **Treasurer:** Yishai Kadry

**Sisterhood:** Deena Bernstein | Yael Wine **Gabbaim:** Eli Baum | Stephan Gilbert | Steven Lowinger | Avi Sonnenblick

We welcome your input! Please send your newsletter announcements by Wednesday of each week to ensure they make it in!

[board@teaneckapartments.com](mailto:board@teaneckapartments.com) | [president@teaneckapartments.com](mailto:president@teaneckapartments.com) | [rabbivehudahalpert@gmail.com](mailto:rabbivehudahalpert@gmail.com)

**ZEEVYAH BENOFF, JD**  
Sales Associate, REALTOR®  
C: 201.956.0208  
O: 201.992.3600  
[Zeevyah@LinksNJ.com](mailto:Zeevyah@LinksNJ.com)

**Citizens Bank**  
50 TICE BLVD, SUITE 340 - WOODCLIFF LAKE NJ  
**STUART GREENBAUM**  
Loan Officer  
201.694.4677 • NMLS#279221

**MORTGAGE ADVANTAGE PROGRAM**

**Jordan Kadry**  
Vice President  
FM Home Loans, LLC  
(516) 456-3842  
[jkadry@fmm.com](mailto:jkadry@fmm.com)  
NMLS ID# 1206628

**PROGRAM BENEFITS:**  
*Exclusively for Ahavat Shalom Members*

- Waive of all bank fees (\$1490 value)
- A dedicated mortgage professional assisting you through the entire process
- Competitive rates

\*Minimum loan amount \$300,000  
Loan must be originated with Jordan Kadry. Must be a member of Ahavat Shalom at time of application. Offer expires June 1, 2018.



## Limited Access

For three days we do not say *tachanun*, and three days can easily include a Monday or a Thursday. Because some find it so convenient, they don't bother to ask what is being celebrated that warranted skipping *tachanun*. Perhaps that is why there is very little discussion of the "three days of *hagbola*", the three last days of the *sefira* leading into the holiday of *shavu'ous*. For those of us for whom *lag baomer* was but a one-day reprieve and find ourselves once again ungroomed and missing the uplift of a recorded *nigun*, the days are consequential far beyond the omission of *tachanun*.

Undoubtedly the name given to these days recalls the instructions received from on High just a few days before *matan Torah*. These directives included two days of separation from intimacy which Moshe expanded to three, and the prohibition issued to refrain from ascending the mountain once the *Shechina* rested upon it. For man and animal alike, all but *Moshe Rabbeinu*, the mountain at some elevation would become a *Kodshei Kodshim* with all of its distance and reverence. Thus the "three days of *hagbola*" are the three days during which we were aware that the appearance of *Hashem* that would forever shake and shape our planet would be both close and out of reach in equal measure.

This paradox comes alive through a remarkable insight of the *Sochatchever Rebbe* as developed by my *mechutan*, Rabbi Moshe Schwerd, in his recently published collection of his popular and widely acclaimed public *shiurim*, *Oz Yashir Moshe*. The *Rebbe* argued that the "*hagbola*", the restriction against ascending *Har Sinai*, is the response to the cynical argument that arises from the *medrash* that records *Hashem's* encounter with our neighboring nations. They all rejected *Torah* upon discovering that it prohibits activities that were central to their lives, be it theft, incest, or worse. Were the Jews ever subjected to a test of that order? The *Rebbe* answers in the affirmative, as we were told that achieving ultimate intimacy with the Almighty would be limited as long as we live in this world.

Indeed, the *Ohr Hachayim* (*Yisro* 19:12) suggests that during the three days of *hagbola*, Jews would practice skirting around the mountain, to be sure that they would not be drawn to ascend the mountain once the *Shechina* came to rest upon it. The similarity of that description to the exposure therapy offered to the phobic must teach us of the enormous magnetic pull that they feared they would experience. They understood so very well that they would find it close to impossible to overcome the impulse to see whatever they could, with their own eyes, unless they trained themselves and engrained the contrary behaviors within themselves that would keep them clear of getting too close. Let the discipline of routine overcome the imagined impulse to feel the closeness of *Shechina*.

My imagination, informed by the practices of mesmerized crowds, pictures Jews of all ages coming to the bottom of the mountain and staking out their space. Not unlike those who would wait on long lines for the first opportunity to purchase a soon to be released item of enormous popularity and limited availability, Jews would spend these days scouting out "best spots" on all sides of the mountain. Who knows what they would bring with to lay claim to a comfortable boulder or to refresh themselves as they spend long hours waiting in anticipation?

If my mind's portrayal is in any way accurate, then this three day outpouring of anticipation is well worth remembering and well worth celebrating. To be sure it is that eagerness that we try to recapture for ourselves as we push ourselves throughout the night. May *Hashem* grant us success as we try to evoke that excitement that should be part of our preparation for and participation in our celebration of *matan Torah*.

Rabbi Yaakov Neuburger

Copyright © 2019 by The TorahWeb Foundation. All rights reserved.



**ZEEVYAH BENOFF, JD**  
Sales Associate, REALTOR®  
C: 201.956.0208  
O: 201.992.3600  
Zeevyah@LinksNJ.com

**Citizens Bank**  
50 TIGER BLVD, SUITE 340 • WOODCLIFF LAKE, NJ  
**STUART GREENBAUM**  
Loan Officer  
201.694.4677 • NMLS#279221

**MORTGAGE ADVANTAGE PROGRAM**

**FM HOME LOANS**

**PROGRAM BENEFITS:**  
Exclusively for Ahavat Shalom Members

- Waive of all bank fees (\$1490 value)
- A dedicated mortgage professional assisting you through the entire process
- Competitive rates

**Jordan Kadry**  
Vice President  
FM Home Loans, LLC  
(516) 456-3842  
jkadry@fmm.com  
NMLS ID# 1206628

\*Minimum loan amount \$300,000  
Loan must be originated with Jordan Kadry. Must be a member of Ahavat Shalom at time of application. Offer expires June 1, 2019.

